

HSI Advisory Panel

Martin Milner, N.D.

Professor, National College of Natural Medicine; President, Center for Natural Medicine, Portland, OR; www.cnm-inc.com

Jon Barron

International lecturer, researcher, and author, Los Angeles, CA

Eric Berg, D.C., C.R.A.

Founder, Health and Wellness Center, Alexandria, VA

Hyla Cass, M.D.

Orthomolecular physician and psychiatrist, www.cassmd.com, Los Angeles, CA

Richard Cohan, D.D.S., M.A., M.B.A.

Professor, University of the Pacific School of Dentistry, San Francisco, CA

Isaac Eliaz, M.D., M.S., L.Ac.

Doctor and researcher specializing in integrative medicine and cancer. Sebastopol, CA

M.M. Sree Ganesh, M.D.

Family practitioner, holistic and natural medicine, Petaling Jaya, Malaysia

Ann Louise Gittleman, Ph.D., C.N.S.

Award-winning author, columnist, and media personality, www.annlouise.com, Hayden Lake, ID

Elson Haas, M.D.

Director, Preventive Medical Center of Marin, www.elsonhaas.com, San Rafael, CA

Tadahiro (Kohhei) Makise, M.D.

Medical director, Makise Clinic, Osaka, Japan

Stephen Morrissey, O.M.D.

Founder, Center for Energetic Medicine and Botanica Bioscience, Ojai, CA

Michael E. Rosenbaum, M.D.

Allergy, immunology, and clinical nutrition, Corte Madera, CA

Allan Spreen, M.D.

Advisor on alternative medicine, Discovery Channel, Phoenix, AZ

Leslie Taylor

Founder and president, Raintree Nutrition, Carson City, NV

The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Lose up to three times the weight in no time at all with the secret of “fat-proof” mice

by Michele Cagan

You’ve tried everything: low-carb, low-fat, rabbit rations, exercise. It’s like you’re forever on the treadmill, choking down skinless baked chicken and dressing-free salads... never losing as much weight as you hope.

And you’re tired of being disappointed when those jeans don’t quite fit, and always frustrated when your honest efforts just don’t seem to be paying off.

But there’s something you don’t know, and it’s standing in the way of your efforts.

Your scale is stuck because biology is forcing your body to hold on to that weight, encasing that unwanted fat in protective armor.

And if you only had a way to penetrate that armor, you’d be able to lose the weight much more easily... so easily it might even feel effortless.

Triple your weight loss effort without extra exercise

I won’t lie.

There’s no such thing as a magic silver bullet diet pill to help you lose weight without dieting and exercise.

But what if there was something...

Something that could magnify your

efforts, possibly doubling—even tripling—your weight loss efforts without *extra* exercise or even more rabbit food.

A pill that helps you lose three times more weight than you could with diet and exercise alone.

That “magic pill” exists.

And it can help you realize your weight loss goals faster than you dreamed.

The greatest weight loss discovery you’ve never heard of

It was fourteen years ago.

A group of scientists stumbled onto a mind-boggling discovery, one that could have changed the way we look at weight loss.

They found a gene, the PLIN gene, which produces a special protein called perilipin.

And here’s where things get really interesting: Perilipin coats the outside of fat cells, acting like armor, and protecting them from your metabolism. And more perilipin means it’s easier to store fat, and harder to burn it off.

But when the perilipin-producing PLIN gene gets switched off, the opposite happens. It’s practically impossible to hold on to fat.

(continued on next page)

Inside

Just 10 drops of this anti-aging secret helps ward off Alzheimer’s disease.....	3
Shrink your prostate—WITHOUT shrinking your sex life!	4
Erase the signs of aging with this singular time-reversing skin cream.....	6



Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

Director

Jenny Thompson

Managing Editor

Michele Cagan

Associate Director

Michelle Richenderfer

Designer

Matthew S. Mayer

To contact the Health Sciences Institute members services hotline, please call (443)353-4208, fax to (410)558-6359, or write to Health Sciences Institute, 819 N. Charles St., Baltimore, MD 21201. All cancellations should be mailed to P.O. Box 960, Frederick, MD, 21705. You may also contact a member services specialist via e-mail at www.newmarkethealth.com/hsicontact/hsi_contact_form.htm.

Your private Members Alert is a monthly publication of the Health Sciences Institute. ©Copyright 2014 Institute for Health Sciences L.L.C., 702 Cathedral St., Baltimore, MD 21201. Published monthly for \$74 per year (\$6.16 an issue). POSTMASTER: Send address changes to Health Sciences Institute, 702 Cathedral St., Baltimore, MD 21201. All rights reserved. No part of this report may be reproduced by any means or for any reason without the consent of the publisher.

This information is provided as information only and may not be construed as medical advice or instruction. No action should be taken based solely on the contents of this publication. Readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

Lose up to three times the weight

(continued from page 1)

So why wasn't this the lead story in every newspaper? Because the discovery was made with mice...

"Fat-proof mice" hold the key to weight loss

When scientists flipped that PLIN switch off (fourteen years ago!), perilipin production fell, and their lab mice became literally fat-proof.¹

No matter how much the mice ate, they stayed lean.

Those mice couldn't get fat no matter what the researchers fed them... even a high-calorie, high-fat diet didn't make them fat.

And one of the researchers suggested that if they could get these same results in people, it would be a true breakthrough in the science of weight loss.

But they couldn't figure it out, even though people have the same PLIN gene that produces the same perilipin protein.

And because those scientists couldn't translate the "fat-proof" results from mice to people, the biggest weight loss discovery in decades was quietly swept under the rug, left to linger in the pages of a medical journal.

Until now.

More than 11 pounds lighter in just 8 weeks

The secret of the "fat-proof mice" has finally been adapted to help us lose weight—and it's really working.

But before we get into the how and why, let's take a look at the what: a safe and natural plant extract combination that ramps up weight loss. Take a look at the nearly unbelievable results real people saw in two—that's right, two—double blind, placebo controlled clinical trials.²

In just two weeks, the people in the extract groups lost 4.5 pounds (on average) and shrunk their waist lines by 1.64 inches.

And they were just getting started.

By the end of the eight-week trial periods, subjects in the extract group saw remarkable changes, especially

when compared to the placebo groups. Check out these amazing eight-week (average) results for the extract groups:

Impressive results	Study Group 1	Study Group 2
Weight loss (pounds)	12.02	11.20
Waist reduction (inches)	4.75	4.66
Hips reduction (Inches)	2.33	2.57

The extract group lost three times more weight than the placebo group, just by taking the extract. It even seemed to target the most stubborn fat zones, the waist and hip areas, making "love handles" and "muffin tops" shrink in no time.

And that extract was the only difference between the groups' regimens. Because all of the participants, across both groups in both studies, followed the same sensible diet and exercise plan: a standard 2,000 calorie daily diet combined with thirty minutes of 'moderate walking exercise' five days per week. Now that's the kind of weight loss plan real people can follow without missing a beat (or a snack).

And it's all thanks to some impossible to fatten up mice, and some dedicated researchers.

The most powerful weight loss shortcut ever discovered

A few months ago, Dr. Mark Stengler unearthed a breakthrough in perilipin research. Without realizing it, scientists from UC Davis Medical Center had picked up right where the "fat-proof mice" researchers left off.

The research team had been studying plants used in the ancient Indian medical system Ayurveda, thousands of plants and herbs, each with unique health-promoting properties. And they zeroed in on two tropical plants—a fruit called *Garcinia Mangostana* and a flower known as *East Indian Globe Thistle*.

(continued on page 5)

10 tiny drops thicken your hair, smooth your skin... even ward off Alzheimer's disease

by Michele Cagan

There's one critical natural element, that has recently been hailed as the most powerful anti-aging element on Earth. But... you're not getting enough of it right now.

See, most people, even most doctors, never even consider it, even though it's one of the most abundant elements on Earth, second only to (and nearly as important as) oxygen.

That's a big mistake. Because this element can keep you—and your bones, skin, hair, and nails—strong and healthy. And it helps ward off some of the most dreaded diseases of aging, including osteoporosis, atherosclerosis, osteoarthritis, and Alzheimer's disease.¹

There's a catch, though.

We can only absorb one single form of this critical element, and it's very hard to find.

Unless you know where to look...

The right form is the only form you want

Despite the fact that it's the second most abundant element on the planet, it's nearly impossible for people to absorb enough of it from natural sources.

I'm talking about silicon.

In nature, most silicon exists as silicate, which we simply cannot digest and absorb.

The form our bodies can use is called OSA, orthosilicic acid, and that's very hard to find. It only occurs naturally when water erodes rocks, and even if you drank that water you couldn't be sure how much OSA you were actually getting.

And standard silicon supplements just can't do the trick. In fact, in a head-to-head study², scientists found that OSA absorption soared above the others, walloping both horsetail and silica gel by more than 200%.

So to gain all the anti-aging and disease-protective powers of silicon, OSA is the only supplement worth taking. And

when you do, you'll see and feel the difference, so you'll know that it's working.

Could these anti-aging drops be the key to warding off Alzheimer's disease?

Back in the 1990s, when Alzheimer's disease was first becoming known, a lot of the research pointed to heavy metal toxicity in the brain as a very likely cause. And the number one culprit, they found in study after study, was aluminum.

You see, aluminum is very clingy, always looking to bond with other elements—and its favorite bonding buddy is silicon. But when your body doesn't have enough silicon available, aluminum settles for bonding with your cells instead, including your brain cells. And when aluminum builds up in your brain cells, many researchers believe that leads to Alzheimer's disease (AD)... and for very good reasons.^{3,4}

- Aluminum is a well-known neurotoxin, literally poison for your brain cells, accumulating even more as you get older^{5,6}
- Aluminum increases accumulation of amyloid, a key culprit in AD
- It promotes inflammation in the brain, as well as oxidative stress
- A "very significant number of studies" show a direct connection between aluminum in drinking water (it's actually added to public drinking water all around the world) and the frequency of AD
- Equally compelling, chelation therapy—where treatment removes aluminum from the body—is one of the most effective treatments for AD^{7,8}

And that's where OSA comes in.

When you have plentiful silicon, especially OSA, it easily binds with aluminum, and carries it out of your body. That detoxing effect can save you (and your family) from the devastating impact of Alzheimer's disease.

And it may even help Alzheimer's patients stabilize... or get better.

Studies prove silicon can prevent Alzheimer's disease... and may even help patients get better

It's not just wishful thinking based on theories. It's been proven in very large studies, some spanning years.

A solid intake of absorbable silicon can lower your risk of developing Alzheimer's disease and dementia by helping your body get rid of neurotoxic aluminum.

A study⁹ published in 2010 in the *Journal of Alzheimer's Disease* focused on just how silicon worked. Researchers reported that silicon could help protect against cognitive damage caused by aluminum because it appears that silicon reduces how much aluminum gets absorbed orally and also increases aluminum excretion.

One French study¹⁰ that included nearly 2,000 subjects followed for 15 years, found that daily intake of aluminum in drinking water "was significantly associated with increased risk of dementia." But the researchers also found that increasing silicon intake by just 10 mg per day reduced the risk of developing dementia.

Another French study¹¹ recruited 7,598 women aged 75 and older to learn about the impact of drinking water on Alzheimer's disease. Some of the women (1,462 of them) were followed for seven years. At the end of the study, the researchers reported that women with lower silicon levels were more likely to be diagnosed with AD.

A population-based study¹² (of 3,777 French subjects aged 65 and older) led researchers to conclude that aluminum in drinking water led to cognitive impairment unless the water also contained silicon.

(continued on page 7)

This revolutionary formula shrinks your prostate— WITHOUT shrinking your sex life!

by Michele Cagan

Tired of waking up in the middle of the night, night after night, to visit the bathroom?

When you get there, the urgency spurs you on, but it takes forever for the urine to flow. You stand there waiting for the weak stream to finally empty the tank. And just when you think you're done, you feel like you're not. Sound familiar?

It's the bane of most men over 50—an enlarged prostate due to BPH (benign prostate hyperplasia).

But you don't have to be tired, annoyed, and frustrated anymore. And you don't have to worry that you're throwing your money away on another supplement that doesn't work, or prescription that leaves you feeling like less of a man.

Because finally there's a safe, natural prostate formula that really works, right away, without any of those "feminizing" side effects.

Even if you've tried prostate supplements before and they didn't work—you haven't tried *this*

A lot of natural prostate formulas include all the right stuff—or it *would be* the right stuff if it weren't all mixed together. Because what you may not realize is that the wrong combination of the best prostate herbs can't work. In fact, some herbs actually cancel each other out, so neither works the way it's supposed to.

That's why your natural prostate supplement hasn't been working even though every ingredient comes with a proven pedigree.

But when you do get the right ingredients together in a comprehensive prostate formula, you'll feel relief almost immediately.

And the drugs aren't any better

There are two main types of drugs used to treat BPH:

1. Alpha blockers (like Flomax and Cardura) that relax prostate and

urinary muscles to take away urgency and weak stream issues

2. 5-alpha-reductase inhibitors (5-ARIs, like Proscar and Avodart) that stop testosterone from converting to dihydrotestosterone to prevent prostate growth

Alpha blockers, when they work, can help with the urinary symptoms pretty quickly, but they come with several negative and some potentially debilitating side effects: dizziness, headaches, ejaculation problems, swollen ankles, and dangerously low blood pressure.

"Since I started HP8, I only get up once a night. I'm now sleeping over 5.5 hours straight."

—John P., 83 years old, Florida

Then there are the 5ARIs. If you're one of the men these drugs eventually work for, it can still take as long as six months to a year to fully kick in... meaning you're still suffering symptoms all that time. Then there are the potential feminizing side effects, like impotence, low (or no) sex drive, and breast enlargement. And if you stop taking your 5ARI, those side effects may stick around, but your initial symptoms will almost surely come roaring back, as bad as ever.

Frustrated by these drugs, and by supplements that *should have worked*

You want to inject poison WHERE?

There's one treatment for BPH that's growing in popularity... Botox injections, right into your prostate.

You read that right: Researchers have been recruiting very brave men to test this treatment. And while it has shown some success in shrinking enlarged prostate glands, no one knows what the long-term side effects might be. Would you really want to risk it?

but didn't, a group of researchers got together to create a prostate formula that would really get the job done... without the feminizing side effects that took all the fun out of the bedroom.

A prostate formula by men, for men, and tested on the men who created it

There are plenty of nutrients and herbs that you could throw into a natural prostate formula—and, at least in theory, they could help shrink the swollen gland and relieve those irritating symptoms. But, as it turns out, it just doesn't work that way.

So a group of Australian scientists, mostly older men, decided to tackle the problem head on, and develop a truly effective prostate formula. After all, they wanted something that could help them with the symptoms they were already experiencing.

The research team started by testing dozens of natural ingredients shown to be effective against both prostate cancer and inflammation of the prostate. Once they found the individual ingredients that offered the most benefit, they started to test combinations.

And here's where things got really interesting. Some ingredients actually cancelled out each other's impact, making both impotent. Others seemed to increase the potency of fellow ingredients, making for an even more beneficial effect than either alone.

After testing thousands of combinations, they finally came up with the perfect formula, a combination of eight specific ingredients most effective when taken together... a formula called HP8.

The eight ingredients you need for an effective prostate formula

It may not come as surprise—the first ingredient that made it into the HP8 formula is saw palmetto. But what

(continued on next page)

Lose up to three times the weight

(continued from page 2)

And though both plants were powerful, separately they just weren't powerful enough.

So the team took extracts from both plants, concentrated them using a highly technical process, then combined them in a carefully calculated ratio.

And that's when the magic happened. When they put this "tropical fruit and flower extract" (TFFE) under a microscope with some fat cells, the perilipin layer practically vanished, leaving those fat cells without their protective diet-busting armor.

And very soon after those successful lab studies, the manufacturers commissioned those two gold standard, double blind, placebo-controlled clinical trials we talked about before, showing that the extract really helps people lose weight—

three times as much weight as they could without it. And you'll find that extract, in the same exact dose used in the studies, in Dr. Stengler's revolutionary weight loss formula, SlimSuccess.

Now, Dr. Stengler could have stopped there, with that triple weight loss extract, but he didn't. Instead, he added another weight-busting ingredient to help you realize your goals even faster, making SlimSuccess even more promising.

Feel full and surprisingly satisfied before you clean your plate

What Dr. Stengler found is not your average appetite suppressant.

It comes from a vibrant natural culinary spice that's been used around the world for

generations: saffron. And it turns out that saffron contains a unique hunger-squashing compound called safranal, which comes in an effective saffron extract called Satireal.

Compelling new animal research shows that safranal activates the very same feel-good brain chemicals as a satisfying delicious snack. But unlike chocolate cake, safranal does that without adding a single calorie.

And when the manufacturer tested their saffron extract in an eight-week placebo-controlled clinical study³, the results were stunning. Women who took that extract every day for eight weeks felt more satisfied even though they snacked less than half as much as they did before the

(continued on page 8)

Shrink your prostate, not your sex life

(continued from previous page)

may surprise you is how much more effective this herb becomes when it's surrounded by supportive ingredients instead of detractors. So even if you've tried saw palmetto formulas before with no luck, this one is different.

And new studies are showing even skeptics how well this herb can work for BPH. In one long-term open-label trial,¹ 38 BPH patients took 320 mg of saw palmetto once a day for ten years. At the beginning of the study, the men had early symptoms of BPH, and faced the risk of disease progression. But by the end of the study, ten years later, the patients' disease hadn't progressed at all and no patients suffered any undesirable side effects.

Another long-term study,² this one following 120 men with mild to moderate BPH symptoms for two years, showed that 320 mg of saw palmetto taken daily reduced prostate size, decreased urinary problems, and improved the patients' quality of life. What's more, the herb also had a significant positive effect on sexual function.

And saw palmetto is just the first of eight prostate-saving ingredients in the HP8 formula:

1. saw palmetto, now proven in two long-term studies to relieve symp-

toms of BPH without feminizing side effects

2. licorice root has recently been found effective in suppressing prostate cancer cells³
3. willow herb leaf brings anti-microbial⁴ anti-inflammatory properties, and had been used as a folk remedy in Central Europe to manage prostate symptoms
4. wild rosella calyx is a powerful antioxidant⁵ capable of killing prostate cancer both in cell lines and lab animals⁶
5. grape complex seed and skin also brings powerful antioxidant protection, and one study found that grape seed supplements reduced the risk of prostate cancer by 41%⁷
6. passion fruit seed has been used traditionally to relieve urinary symptoms
7. bromelain acts as a strong anti-inflammatory agent

Will HP8 ward off prostate cancer?

A new *in vitro* study¹⁰ found that HP8 can help fight both slow-growing (LnCAP) and aggressive, therapy-resistant (PC-3) prostate cancer cells.

8. selenium is a crucial trace mineral, and studies have found low selenium levels increase your risk of BPH⁸ and prostate cancer⁹

The perfect combination of prostate-supporting herbs and nutrients, working synergistically to get rid of your BPH symptoms... and even help protect you against prostate cancer (see sidebar).

HP8 has the only 8 ingredients you need to conquer BPH

If other natural prostate supplements have left you frustrated, and tired from waking up to pee, HP8 could be just the formula you've been waiting for. Created by men, for men, HP8 contains the only eight ingredients you need to get your prostate under control—even ward off prostate cancer—without giving up your manhood.

The manufacturer recommends taking three HP8 capsules in the morning, and three at night, with a large glass of water. For the best results, take HP8 at least one hour before or after eating or taking other supplements or medications.

You can find ordering information for HP8 in your Member Source Directory on page 8. **HSI**

Erase age spots, vanish crow's feet, and repair years of sun damage with this singular time-reversing skin cream

by Michele Cagan

In just eleven days, your skin could be renewed.

Redness and blemishes fade...

Wrinkles smooth out and begin to disappear... Sun damage gets repaired... and new damage is prevented.

All thanks to a single plant, long revered by the Aborigines of southwest-ern Australia.

A plant that takes center stage in a newly improved skin care formula that will subtract years from your appearance.

"It has kept my face so much younger looking"

Every anti-aging lotion makes enormous claims that sound exaggerated... and so does this one.

But with this time-reversing skin cream, called BeauCle Corrective Crème, enormous fits.

"I used to have more visible wrinkles around my eyes," said Connie Berrill. "I've used BeauCle for two years and my eyes look great. It has kept my face so much younger looking. And I'm 63 years of age."

Joy Bennet had this story to tell: "Last year, I went through chemotherapy and radiation. All through my chemo treatments, I STILL got compliments on how nice my skin looked. Then, a few months back, I must have had temporary insanity strike because I purchased something else at the store since I had a coupon. I tried it once and felt dryness right away, something that I had never felt with the BeauCle products. There's nothing better than BeauCle. Well worth the money."

According to Trent Nolas, "BeauCle is a miracle in a bottle, as dry skin, age spots and other imperfections simply fade away."

Patty Randall saw definitive results in about one month. "My specific concern was sun spots and aging skin. My sun spots are beginning to lighten and NOTHING worked before! The texture of my skin is improving and I cannot wait to see the continued results."

And raves are coming in from men, too. Harold Shaver ("I'm 77 years young") saw results after using BeauCle for less than two weeks. "The sun damaged areas on my skin are actually fading," he said. "I can see that my red spots are diminishing and my skin looks more even. The results are nothing short of phenomenal."

And it all starts with that Australian plant with a dubious common name: Old Man Weed.

Old Man Weed brings younger skin

If the common name, "Old Man Weed" is off-putting, the scientific name is even more so: *centipeda cunninghamii*.

Name aside, this unique plant extract holds the time-reversing secret you've been wishing for.

Along with a very strong anti-inflammatory effect, this pure plant extract brings potent antioxidant activity to your skin. And the result is continuous protection from ongoing and unavoidable free radical damage.

Centuries of traditional use have demonstrated all the ways this plant can beautify your skin:

- taming unsightly blemishes
- calming redness
- smoothing wrinkles
- repairing sun damage
- renewing skin cells

And that's exactly what you need for younger skin: increased cell renewal. And a small study conducted by the manufacturer showed exactly how well its *centipeda cunninghamii* extract did just that.

To see just how well and quickly the extract renewed skin cells, the research team stained the six subjects' skin with a special dye that only disappears when new skin cells form and replace the old, discolored cells. On top of that, they pitted their natural extract against the industry standard for skin renewal, a 2% alpha-hydroxy-acid (AHA) preparation.

In just 11 days, the *centipeda cun-*

ninghamii extract reduced the staining by 50%, compared to a 38% reduction by the AHA. What's more, the plant extract didn't cause any negative side effects, like skin irritation, which AHA products are known to cause.

Imagine, in less than two weeks time, your skin will be renewed, younger and smoother. And BeauCle doesn't stop there.

Instant wrinkle reduction with nature's "Botox"

It has all the wrinkle-smoothing powers of Botox, without any of the toxins.

This beautiful red-gold flower, known as *Acmella oleracea*, contains natural compounds that erase wrinkles instantly.

The flower extract works by relaxing your facial muscles so they don't undergo quite as many of the microscopic involuntary muscle contractions (normally thousands of times every day) which can leave you with deep expression lines and wrinkles.

In their clinical studies (conducted by the manufacturer), the results were jaw-dropping. Two groups of volunteers (one group of 20 using 2% extract, one group of 30 using 5% extract) tested the extract on half of their faces, while using a placebo cream on the other half.

For 75% of the volunteers in the 2% group, skin was noticeably smoother on the extract side after a single application. And after about three weeks of use, the skin on the extract side was reported 16% smoother.

The 5% group saw even more amazing results: More than 80% of the subjects saw a reduction in their wrinkles *right away*. And after 4 weeks of use, scientific microphotography revealed a stunning difference in wrinkle depth.

Botox without the toxin... Old Man Weed for younger looking skin... plus four more age-defying ingredients give BeauCle Corrective Crème a true time-reversing impact.

(continued on next page)

Ward off Alzheimer's disease with just 10 drops

(continued from page 3)

And the most recent study¹³ (this one conducted in the U.K.) showed that drinking silicon-rich mineral water every day for twelve weeks helped Alzheimer's patients reduce the amount of aluminum in their brains. What's more, some of those patients even showed "clinically relevant" cognitive improvement. Just from getting more silicon.

Preventing—possibly treating—Alzheimer's disease, and so much more

Silicon, especially OSA, has been the subject of many studies, mainly focusing on the enormous health and anti-aging benefits a tiny bit of absorbable silicon can bring.¹⁴ In addition to help you ward off debilitating mental decline, OSA has been shown to

- Help prevent atherosclerosis^{15,16}
- Prevent and treat osteoporosis^{17,18}
- Strengthen and thicken hair, and strengthen fingernails¹⁹
- Repair sun-damaged skin, improving skin's texture and appearance²⁰

And a brand new study²¹ confirms that OSA helps your body get rid of toxic heavy metals, including lead, mercury, arsenic, and cognition-robbing aluminum. Through hair mineral analysis, researchers found that in just 12 weeks, taking eight to ten drops of Silidyn daily resulted in a small but significant

decrease in heavy metals, and the detoxification effect got stronger over time without causing any side effects.

What's more, the study subjects overwhelmingly reported noticeably positive effects: modestly improved joint mobility, increased relaxation, and "better quality" hair, skin, and nails.

That study was done with a specific European anti-aging formula called Silidyn Rejuvenate, with OSA as the main ingredient.

Silicon plus other trace minerals rejuvenate your whole body from the inside out

The Silidyn Rejuvenate formula, only recently available in the U.S., centers around OSA, a key element for keeping your brain and body younger and healthier.

And the additional ingredients in the formula each support and add to its anti-aging powers.

- MSM (Methylsulfonylmethane) helps reduce inflammation and keep the connective tissue between the joints flexible
- Zinc is critical to a robust immune system and to skin elasticity
- Boron keeps bone tissue strong and healthy
- OPCs (oligomeric proanthocyanidins) from maritime pine extract

strengthen collagen and elastin for younger looking skin

- Selenium offers powerful antioxidant protection against free radicals
- Manganese supports strong bone and supple skin tissue

In fact, this formula is so potent that a single dose starts turning back the clock.

Fight aging and Alzheimer's disease with just a few drops of Silidyn Rejuvenate every day

Packed with 5 mg of OSA and a full complement of anti-aging compounds, Silidyn Rejuvenate contains exactly what your body and mind need to stay young and strong. In no time at all, you will see the difference just a few drops can make... and you'll know the formula is working from the inside out.

The manufacturer recommends taking 10 drops of Silidyn daily in water or fruit juice with breakfast.

In order to fully absorb the silicon, the drops must be mixed into water or juice. Just so you know, the drops are golden in color, and have a slightly metallic taste (when it's added to water). If the taste bothers you, use more water or mix it into juice.

You can find ordering information for Silidyn Rejuvenate in your Member Source Directory on page 8. **HSI**

Singular time-reversing skin cream

(continued from previous page)

All the building blocks for fresh, young, unlined skin

Along with the powerful anti-wrinkle and age spot-erasing ingredients, BeauCle contains even more ingredients to keep your skin looking and feeling young and beautiful.

Matrixyl-Synthe' 6[®], derived from tripeptides naturally found in collagen, fills in wrinkles from the inside out. In a study conducted by the manufacturer, women saw a 31% decrease in the depth of forehead wrinkles plus a 28.5% decrease in crow's feet... after just two months.

Ormagel SH[®], a blend of three healing seaweed extracts, was shown in manufacturer-run case studies to visibly improve skin quality and texture, and help reduce the appearance of deep wrinkles and expression lines (the before and after pictures showed stunning results).

Magnesium Ascorbyl Phosphate (MAP), a form of topical vitamin C that doesn't irritate even the most sensitive skin, brings more than just a skin lightening effect that helps with age spots and discoloration. Very little oral vitamin C gets all the way out to

your skin, so it's critical for a lotion to contain this essential nutrient—your skin needs it to reawaken collagen production (which slows down to a crawl as we age) and protect your skin from damaging free radical attacks.

Sea buckthorn protects your skin with more than 60 antioxidant compounds and the elusive omega-7 fatty acid, which also boosts your own collagen production.

With all of these ingredients working together, you'll get all the anti-aging power you could hope for in a single face cream.

(continued on page 8)

Lose up to three times the weight

(continued from page 5)

study. And that's not all that happened for the women in the extract group

- 68% reported feeling less hungry before meals
- 65% said they felt full more quickly during meals
- 69% felt a reduced need to snack between meals
- And more than 65% enjoyed decreased cravings for sugary and fatty food in particular

Imagine being able to pass the pantry without grabbing for the cookies and chips... being able to pass up those everyday snacks without feeling deprived or hungry all the time.

Now think about how much easier it will be to lose weight when you com-

bine the hunger-squashing impact of saffron with the secret of the "fat-proof mice." Suddenly, your 2000-calorie diet doesn't leave you feeling empty and hungry. And when the numbers on your scale are making noticeable moves in the right direction, you'll be even more motivated to keep up those daily walks.

Lose three times the weight, even in the worst trouble spots, with SlimSuccess

The frustrating battle to lose weight can make even the most dedicated of us want to give up on our goals, but SlimSuccess can help get things back on track, and quickly.

With its two innovative weight-busting

natural extracts, SlimSuccess helps take the edge off hunger and cravings at the same time it supercharges weight loss efforts by helping you lose three times more weight... including the most common problem areas, around the waist and hips.

The manufacturer, BestHealth Nutritionals*, suggests taking two capsules of SlimSuccess daily, one 30 minutes before breakfast and one 30 minutes before dinner.

You can find ordering information for SlimSuccess in your Member Source Directory below. **HSI**

***Please note:** HSI doesn't accept fees from outside companies for editorial coverage. However, HSI is a subsidiary of the same holding company as NewMarket Health Products, the distributor of BestHealth Nutritionals. Even though we would never recommend any product we don't believe in, you should know about that relationship when deciding whether to try their products.

Singular time-reversing skin cream

(continued from previous page)

BeauClé Corrective Crème revitalizes, renews, and protects your beautiful skin

BeauClé Corrective Crème contains the most cutting edge anti-aging ingre-

dients to give you the most beautiful, youngest skin you could wish for.

Simply apply the corrective crème at night after washing your face with BeauClé Purifying Cleanser. The final member of the trio is the BeauClé Ultra

Hydrating Moisture, for an overall whole-body silky smooth skin experience.

You can find ordering information for the BeauClé product trio in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

SlimSuccess, BestHealth Nutritionals, PH (800) 223-2816; www.besthealthnutritionals.com. One 60-capsule bottle of SlimSuccess costs US\$49.95. HSI members will receive an exclusive US\$5.00 discount on each bottle. Simply use coupon code **G653Q701**. Product is not available in Austria, Australia, and Germany.

Silidyn Rejuvenate, Silidyn USA, PH (619)445-4263; www.silidynusa.com. Silidyn Rejuvenate costs US\$31.99 per bottle. HSI members can take advantage of a special 10% discount by using coupon code **HSISAVE10**. Discount available only for orders in the U.S. HSI members outside the U.S. can call Tel: +441624611050 or visit the international website at www.silidyn.com to order.

HP8®, The Harmony Company, Ph: (800)422-5518; www.theharmonycompany.com/special-offer-hsi-hp8. HP8® costs US\$49.95 per bottle, but HSI members will get a special 25% discount on their first order. Simply use code **HSIHP8** when ordering.

BeauClé Skin Care Trio, Uni Key Health, Ph (800) 888-4353; www.unikeyhealth.com. BeauClé Overnight Corrective Crème costs US\$42.50, the Ultra Hydrating Moisture costs US\$29.50, the Purifying Cleanser costs US\$18.50, and the Trio costs US\$75.00. HSI members will get a special 20% discount on all BeauClé products. Simply use code **BCSAVE20** when ordering. Offer expires August 15, 2014.

HSI website log-on info (JULY): Username: jul2014

Password: urgent

Please note: HSI receives no compensation for providing editorial coverage for the products that appear in your Members Alert. HSI is a subsidiary of the same holding company as NewMarket Health Products, the distributor of NorthStar Nutritionals, Best Health Nutritionals, and Real Advantage Nutrients. HSI verifies all product information when the Members Alert is written; however, pricing and availability can change by the time the issue is delivered. We regret that not all products are available in all locations worldwide. The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.